بسم الله الرحمن الرحيم

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AL-WISWAS

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حفظه الله تعالى وأطال في عمره

May Allah bless Shaykh Musa, protect him, preserve him, and all his loved ones. May He allow his work and efforts to be spread until the Day of Judgement, and make it weigh heavy on his scales.

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Today's topic concerns, "How do you sleep a satisfying and pleasant sleep?"

We know that Satan is the greatest enemy to all mankind. All this corruption that is present now is a result of the whispers of Satan. Therefore, if we comprehend that Satan, the greatest enemy to mankind, is Al-Wiswās Al-Khanās (the whisperer who withdraws from whispering after one remembers Allah), and we overcome him, we would live in this life [comfortably], and we would sleep a satisfying, pleasant sleep.

What is Al-Wiswās Al-Khanās? Al-Wiswās is the immoral, indecent thoughts that gather and settle in one's heart. For example, one has [evil] thoughts to do such and such, these thoughts are in the heart of a person, and they are that which roam within the soul sometimes until it settles in it (the soul).

These whispers (Wiswās) that compel one to certain actions are [signs of an] evil disease, they roam within the soul. And the worst type of pain is that of the soul, the ailments of the soul. The ailments of the body can be treated, while the ailments of the soul require a more intensive treatment.

Everyone has both good and bad within them. There is an Angel that encourages him to good, and a Shaytān that steers him to evil, even sometimes leading to a corruption of their 'Aqeedah (creed), and the doubt of Allah's existence (سبحانه وتعالى).

Satan has overtaken them. So, he has made them forget the remembrance of Allah. They are the party of Satan. Verily, it is the party of Satan that will be the losers!
[Surat Al-Mujādila: 19]

Al-Wiswās resides in the chest, the heart. It originates from one source, and that is Satan. Listen to this Sahih Hadith reported by Abdullah Ibn ‘Abbas (رضي الله عنهما): *The devil is couching at the heart of the son of Adam. When he mentions (Dhikr) Allah…* As in, If a person says: SubhanAllah,Alhamdullilah, AstaghfiruAllah, La ‘Ilaha Illa Allah, A’udhu Billah minash Shaitan Ar-Rajeem.

[The devil is couching at the heart of the son of Adam]. When he mentions God, he withdraws.
[Bukhari 4977]

As in, he no longer whispers, like the dog if he’s hit he becomes silent. Satan does not withdraw except with the remembrance of Allah. And if a person neglects or forgets the remembrance of Allah, then Satan whispers to him, always and forever, for he does not sleep neither in the morning nor evening. Satan’s vigor discontinues when a Muslim remembers his Lord. If not, he will continue to whisper until he corrupts the heart, and the most important and precious thing in a person is the heart, so if it is corrupt the owner is corrupt as well.

So, Satan is keen on corrupting the heart. Every person is accompanied by a Shaytān until they die. Verily this is your Qareen (attaché), the Qareen the Messenger (ﷺ) mentioned:

There is none amongst you with whom is not an attaché…
[Muslim 2814a]

Your Qareen is always with you, day and night. So, the best [course of action] is to remember Allah (سبحانه وتعالى) to repel him. This Qareen that accompanies us is from Jinn (a Shaytān). They (the Companions) said:

Allah's Messenger, with you too? Thereupon he said: Yes, but Allah helps me against him and so I am safe from his hand and he does not command me but for good.
[Muslim 2814a]

The word used in this Hadith (Aslam), the scholars differed on its meaning, regardless however, this Shaytān only bids the Messenger (ﷺ) to do good, so he had ease of mind and heart, and absolute contentment. And this can be the case for [every] person, if he defeats Shaytān he can rest. And by Ijmā' the Messenger (ﷺ) is Ma'sum (well-preserved) from Shaytān, whether in his body, his tongue (speech), his thoughts, etc., he did not experience Wiswās like we do.

Listen to this Hadith that you should comprehend and act upon, The Messenger (ﷺ) said:

"The devil draws near to man (meaning with the evil thought, the Wiswās), and so does the Angel..."
[Tirmidhi 2988, Nisā'i 11051, Ibn Hibbān 997]

We are not talking about the Angel that is on the right and the Shaytān that is on the left, and we are not talking about the Angels that are in front and behind a person protecting him, we are speaking about a specific Angel. An Angel that has a Lamma, and a Shaytān that has a Lamma. An example of the Lamma (meaning the thoughts from Shaytān that occur in your heart) of Shaytān would be, someone has the thought of divorcing his wife, these evil thoughts are named the Lamma of Shaytān.

The Shaytān's approach consists of that which is entirely evil, and denial of what is true, until he makes you doubt in Allah (سبحانه وتعالى). These whispers that always arouse evil are from Shaytān. If you realize it is from Shaytān, then you are successful.

In addition, there is an Angel - that does not command you except to do good, always and forever, it urges you to do good, i.e., give charity, fast, pray, be obedient, and so forth. The Angel's approach consists of a promise of what is good and confirmation of what is true. Like The Oneness of Allah (سبحانه وتعالى).

We have come to know about the approach of the Angel and the approach of the Shaytān. If a person sees the approach of Shaytān and realizes it [for what it is], this is very crucial [for it enables him to] to suspend it. So, a person must know, the Angel does not approach you except with good, and the Shaytān does not approach you except with evil.

When the thoughts of good come to you, it is from the Angel [sent by] Allah (سبحانه وتعالى), so praise Allah for being directed to confirm what is true and do what's good. There is no doubt all of us know how to distinguish between good and evil. So, if you realize that [the evil thoughts that come to you] are from Shaytān you put an end to them. How? There are numerous ways, and we talked about the remembrance of Allah and how it stops the Shaytān.

If a person always finds these evil and immoral thoughts occurring in his heart, ceasing his heart, then he should seek refuge in Allah from Shaytān, as we were commanded to do by Allah (سبحانه وتعالى).

And if an evil whisper comes to you from Shaitan then seek refuge with Allah. Verily, He is All-Hearer, All-Knower.
[Surat Al-A'raf: 200]

People experiencing Al-Wiswās are of many types. The worst among them is the one who is completely overtaken and destroyed by them (the Wiswās), this is called obsessive compulsive disorder (Al-Wiswās Al-Qahri). This is of the worst.

Others vary, some people walk with no Shaytān whatsoever. Imagine you go about on Earth, sleep, wake up, and speak with your spouse, and deal with people with no [effect from the] Shaytān. How would this life be? This cannot happen except with the remembrance of Allah.

And some people are in between, sometimes Shaytān influences them and sometimes they overcome him. The most important thing is for a person to always remember Allah (سبحانه وتعالى). And the defense against this Wiswās, as they say, A coin's [worth] of prevention is better than a hundredweight of treatment.

Prevention is better than treatment. The most important thing is for a person to learn the religion of Allah (سبحانه وتعالى), we have been commanded to learn, not only that but to convey it to people so they may be guided. We have been commanded as a Muslim Ummah [to do so], always and forever this Ummah will teach the people the Qur'an and guide them to this Religion.

Most importantly, when a person learns this religion and comprehends it, they gain beneficial knowledge and [are guided] to righteous actions.

Al-Emaan increases and decreases. One's Emaan can reach the weight of the mountain of Uhud or the weight of nothing, [all] in a heart that is the weight of a kilogram. Ahlus-Sunnah Wal-Jamā'ah agree that Emaan increases and decreases. It increases with obedience [to Allah], beneficial knowledge, and it decreases with disobedience to Allah. The Messenger (ﷺ) said once to 'Umar Ibn Al-Khattab (رضي الله عنه):

"O Ibn Al-Khattab! By Him in Whose Hands my life is, whenever Satan sees you taking a way, he follows a way other than yours!"
[Bukhari 6085]

Why? Emaan, the remembrance of Allah according to the degree of his Emaan, may Allah be pleased with him. This is 'Umar, the eminent companion, may Allah be pleased with him, his family, and all the companions. This is due to his strong Emaan; may Allah be pleased with him. Shaytān runs from a person [with such Emaan], even if he's not like 'Umar (رضي الله عنه), when his Emaan is strong the Shaytān runs from him.

Above all it's important for you to know and identify these thoughts when they come to you as I previously mentioned, always keep this thought roaming in your mind, are these thoughts from the Angel or Shaytān? If you are able to distinguish between the approach of Shaytān and that of the Angel, then you will be at ease.

During the approach of Shaytān, remember Allah, any remembrance earns you good deeds, and Allah elevates your rank in Jannah, and the Shaytān becomes dormant. If it's from Shaytān then it is evil, so put an end to it! There are so many people overcome by Wiswās, I know of a woman who repeats her ablution more than twenty or thirty times for one prayer. We ask Allah to give us protection from this Wiswās.

If the Wiswās is from Shaytān, we should stop it. How do we stop the Wiswās from Shaytān? In a Hadith it's stated [in summary] If any of you encounters these evil thoughts and whispers, then let him say:

"I have believed in Allah and His Messenger, La 'Ilaha Illa Allah."

For verily this will dispel anything he encounters [from Wiswās]. This does not work for the Kafir, it is preposterous [to think it would work for a Kafir], for their heart is submerged in Shirk & Kufr.

Again, if a person realizes this is from Shaytān, then always remember Allah. We are commanded to do so always. The Messenger (ﷺ) was always in a perpetual state of remembering Allah, he was always worshiping Allah

And this remembrance of Allah elevates you in ranks immeasurably and also helps in overcoming the effects of the Wiswās, Shaytān, and these evil thoughts. Also, if the person is of weak Emaan, he scarcely remembers Allah, Shaytān will constrain him and be more severe on him until he loses his mind. During these situations the Messenger (ﷺ) guided us to dry spit to our left three times, even if it was during one's prayer.

Meaning, if Shaytān came to a person with Wiswās while he was in prayer, he should dry spit to his left three times. The most important fortification one can do is the recitation of Al-Mu'awidhāt, Al-Ikhlās, An-Nās, and Al-Falaq. These chapters from the Qur'an are a fortification against the accursed Shaytān. Narrated from 'Uqbah that the Messenger (ﷺ) said to him:

"O 'Uqbah, use them when seeking refuge in Allah, for no one can use anything to compare with them for the purpose [of seeking refuge]."
[Abu Dawud 1463]

Read them in the morning and evening, you will dispel the Shaytān and make him sleep a 'magnetic sleep' as they say; So your [attaché] Shaytān will be dormant and asleep, and only the Angel will be left as your attaché, and he does not order you except to do good. So, you will awaken and slumber happy and with a pure heart, and what greater happiness is there, and what a great blessing it is. A person loses nothing! Reading Qur'an, you will have much reward, and its benefits are immeasurable.

Shaytān threatens you with poverty and orders you to commit Fahshā (evil deeds, illegal sexual intercourse, sins, etc.); whereas Allah promises you Forgiveness from Himself and Bounty, and Allah is All-Sufficient for His creatures' needs, All-Knower.
[Surat Al-Baqarah: 268]

This is Shaytān. He is always whispering to a person. One should also recite Al-Mu'awidhāt before sleep, similar to how the Messenger (ﷺ) would do before sleep. He would read Qul Huwa Allahu Ahad, Qul 'A'udhu bi Rabbil Falaq, Qul 'A'udhu bi Rabbin-Nas – cup your palms similar to how you do when making Duā, then read them thrice, then blow/dry spit into your palms and wipe your palms over whatever you can of your body.

You begin with your head, face, then whatever is in the front and back of your body, everything you are capable of wiping over, you do. You repeat this three times, as the Messenger (ﷺ) did every night. [Source: Bukhari 5017]

And remember that prevention is better than treatment.

O Allah make clear to us the truth, and grant us the ability in following it, and show us the falsehood for what it is, and grant us the ability to avoid it. O Allah make us guided guiders, and not misguided, nor of those who misguide others, and to close our Duā, All the Praises and Thanks be to Allah, The Lord of the Worlds